



REBOUND FITNESS & REHABILITATION

NEWSLETTER

The Newsletter About Your Health & Caring For Your Body

Are Shin Splints Getting In The Way of Your Runner's High?



ALSO INSIDE

**HOW PHYSICAL
THERAPY CAN HELP**

**COUPON
CORNER**

**OUR EXCLUSIVE
STRETCH BOOK**

REBOUNDFITNESS.COM



REBOUND FITNESS & REHABILITATION NEWSLETTER

The Newsletter About Your Health & Caring For Your Body

FIND RELIEF FROM YOUR **SHIN SPLINTS** THIS SUMMER



COME BACK TO PHYSICAL THERAPY! CALL 847.748.1320 TODAY!

Do your shins throb after your daily jogs? You may be experiencing shin splints. At Rebound Fitness & Rehabilitation, our physical therapists can help your shin splints whether or not you're a runner. We offer the most advanced rehabilitation strategies to get you relief and eliminate re-injury.

Shin splints, also known as medial tibial stress syndrome, occur when excessive stress is on your shinbone and the surrounding tissues. These tissues become irritated, inflamed, and painful. Research indicates that around 15% of runners experience shin splints and they are the most common injury for new runners. Shin splints can present themselves in anyone whose lifestyle includes substantial physical demand or after a significant increase in their activity level. Shin splints can be painful and debilitating in your daily life, but physical therapy can help alleviate the pain and correct the condition.

COMMON CAUSES OF SHIN SPLINTS

Shin splints are most common with athletes but can occur with anyone who makes training errors, like overloading or running too fast for their ability and training capacity. Often the injury is related to changes in the training, as an increase in distance, intensity, and duration.

THERE ARE OTHER CAUSES OF SHIN SPLINTS, INCLUDING:

- **Previous injury:** If you have had a foot, leg, or shin injury in the past, your risk of shin splints is higher.
- **Body mass:** A BMI greater than 20 makes you more susceptible to developing shin splints.
- **Improper footwear:** Wearing ill-fitted shoes or a previous history of wearing orthotics can increase your risk of shin splints.
- **Inexperienced runners:** Training mistakes made by novice runners include running too far, too fast, and not resting appropriately.
- **Lack of warm-up:** Completing a workout without a warm-up can irritate your calf muscles, increasing your risk of shin splints.
- **Overpronation:** Excessive flattening of the arches while standing, walking, or running increases the risk of shin splints.

The best treatment for shin-splints is prevention. Our physical therapists will screen you to identify your risk factors and provide guidance on how to resolve your pain and/or prevent shin splints altogether. Call our office today and speak with someone about how physical therapy can help fix your shin splints!

HOW PHYSICAL THERAPY CAN HELP

As noted above, the causes of shin splints are vast, but your physical therapist can help you figure out the root of the problem. They will complete an extensive evaluation process noting your painful areas and testing the abilities of your current physical motions.

Our treatments may include anything involving stretching, flexibility, gait, mobility, and range of motion. From there, your physical therapist will create a treatment plan based on your needs. Treatment plans for a specified shin splint condition may include, but are not limited to:

- **Manual therapy.** Hands-on massage of the painful area and its surrounding areas to ease stress off of the injured tissue.

Are You Keeping Up With Your Appointments?

By ensuring you are staying on track with your physical therapy appointments you will stay on the road of better health and wellness. Consistency is incredibly important in order to achieve the results you want. Can't make it to your appointment? We can also bill your insurance for telehealth and virtual visits! Contact us today with any questions or to schedule your next appointment today!



**REBOUND
FITNESS &
REHABILITATION**

We're Staying Safe!

The staff at Rebound Fitness & Rehabilitation is focused on keeping you healthy and our equipment and facilities clean. To prevent the spread of COVID-19, we want to also encourage our patients to help prevent the spread of coronavirus by:



**CLEANING
HANDS
OFTEN**



**AVOID
TOUCHING
YOUR FACE**



**STAYING
HOME IF YOU
ARE SICK**

- **Exercise.** These exercises can serve several functions, including strengthening, improving range of motion, and decreasing stress on the lower leg.
- **Modify mechanics.** Sometimes, shin splints can result from poor gait mechanics or jumping and landing strategies. Your physical therapist may work with you to modify your take-off/landing techniques or how you control your foot, knee, and hip while walking or running.
- **Taping.** Your physical therapist may suggest Kinesio-taping the affected area to promote healing and support the affected muscles.
- **Footwear suggestions.** Your physical therapist may provide you with advice to help speed up your shin splint recovery and decrease your risk in the future.
- **Rest.** Your physical therapist may suggest taking a short break from the activity that caused or aggravated your pain. You will continue exercising, but avoid things that irritate your shin splints until you are healed.

CONTACT OUR OFFICE TODAY

At Rebound Fitness & Rehabilitation, we are dedicated to assisting you in your healing journey and making it as comfortable for you as possible. If you believe you may be suffering from shin splints, give us a call today. We will help you get back on your feet in no time!

Sources: http://medrehab.sbm.ac.ir/article_1101036_en.html • https://link.springer.com/chapter/10.1007/978-3-030-60216-1_18 • https://www.researchgate.net/profile/Shoji_Kachanathu/publication/320685151_Functional_outcomes_of_kinesio_taping_versus_standard_orthotics_in_the_management_of_shin_splint/links/5c160f2e92851c39e80e7f8/Functional-outcomes-of-kinesio-taping-versus-standard-orthotics-in-the-management-of-shin-splint.pdf



START THE ROAD TO RECOVERY BY CALLING NOW!

Our Exclusive STRETCH BOOK

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The Stretch Book: An Interactive Guide To Restore
by Greg Cadichon ATC and John Brna MD Flexibility
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STAY FLEXIBLE

How Stretching Can Help You Avoid Injury and Play Better Golf

Are you tired of aches and pains every golf season? Have you wondered what stretches are best to prevent injuries and improve your swing? At Rebound Fitness & Rehabilitation, our physical therapists can help figure out any restrictions or limitations in your motion that may be affecting your swing and/or causing pain. Most golf injuries are overuse-type conditions due to poor swing mechanics resulting from a lack of motion in one or more joints. Fortunately, at Rebound Fitness & Rehabilitation, we created The Stretch Book as an interactive guide to help restore and improve flexibility in every major muscle group from the neck to the ankles. Request an appointment at Rebound Fitness & Rehabilitation today and see if The Stretch Book is suitable for you!

COMMON CAUSES OF PAIN IN GOLFERS

Understanding the connection between the segments in the body is where physical therapists excel!

The most common restrictions leading to golf injuries include:

- **Lower back:** Senior golfers who have lost spinal mobility are particularly susceptible to lower back pain as they get older.
- **Hip:** Any limitation in hip motion can impact the mechanics of your swing and leave you vulnerable to injury. Research shows that restrictions in the hip joint can lead to back pain (above) and/or knee pain (below).
- **Shoulder:** Shoulder pain/injury is often the result of restrictions in motion from degenerative changes in the shoulder or lack of motion in the spine. These restrictions put added stress on the joint and rotator cuff muscles.

Restrictions in motion can lead to faulty swing mechanics and increase the risk of injury. Our physical therapists can help identify your individual needs and teach you how to move better regardless of your problems!

WHAT TO EXPECT IN PHYSICAL THERAPY

Our physical therapists are experienced at resolving golfers' injuries, old and new. We understand the mechanics of golf swing and the specific mobility demands on individual joints. The Stretch Book is the perfect interactive guide to help you move better and relieve joint stress in the comfort of your own home.

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